

**Guide to Town Senior
Services**

**Senior Activities Center
203-222-2608—main number**

Wendy Petty
Director
extension 2608
Pam Wilson
Program Coordinator
extension 2508
Carla Jegen
Asst. Program Coordinator
extension 2509

Social Services

Charlene Chiang-Hillman
Director
Suzanne Friedman
Administrative Asst.
203-222-2663

Town Hall

Tom Landry
Town Administrator
Randi Derene
Selectman's Secretary
203-222-2656

Dial-A-Ride

Gordon Green
(24 Hr Notice Required)
203-222-2576

Center Hours:

M, T, W, & Th: 9:00am-3:00pm
F: 9am-12pm

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**Commission Meetings 9:15am**  
Monday, Jan 4th & Feb 1st

**Board Members:**

Helen de Keijzer, Chair  
Peggy Anderson  
Bruce Lorentzen  
Donald Gumaer  
Margarita Garces-Shapiro

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Mission Statement:

***The mission of the Weston Senior
Activities Center is to serve as the
hub of programs and events sup-
porting the well being of commu-
nity members as they age.***

**Weston Senior
Activities Center**

**January/February
2016**



Happy New Year!

We hope that you enjoyed your holiday season and are ready to partake in some of the fun, new offerings we have planned for you.

Mark Albertson will be presenting a 4 part series on Jihad. Art Gottlieb will present lectures on Clipper Ships, Underground Railroad and National Archives. We will have Twombly Nursery present a talk on Garden Culture and Design. There will be several parties and lunch and learns. Check them out on the schedule. We are so thankful to have the Fairfield OCAFC Chorus returning to sing for our Chinese New Year celebration. In addition, The Connecticut Poetry Society will be back to do a poetry reading. You can come to listen to these beautiful poems, and even read a few of your own if you are interested. Lastly, Lisa Arnold will be back with a talk on James McNeil Whistler.

Are you interested in a shopping and lunch outing? Carla will be taking a group to Michaels and the Outback Steakhouse. We also have a new line-dancing exercise class! Come try the first one on us.

We would like to thank our Friends of the Weston Senior Center for helping us with our Alden Sherman Classic. Our fundraiser was a success and we want to thank everyone who donated, volunteered and supported our event.

We are pleased to let you know that we have secured all of the funds necessary to purchase our new Excursion Bus! Thank you to our donors, The Town of Weston and The Elderly Assistance Fund. We are in the process of finding the perfect bus for our Senior Center and hope to be using it in the early spring! Stay tuned for upcoming bus trips.

Best wishes,
Wendy, Pam & Carla

**Inclement Weather Delays & Closings-
We will be closed January 18th and February 15-19th.**

Remember, we follow the school closing schedule. If they are delayed or closed, so are we. Updates will be listed on News Channel 12, our voicemail (203) 222-2608 and by email if you are on our list.

In Remembrance:

In Memory of Adele Shaper: Donations have been made from The Rohs Family, Arlene Brandner & Jill Kolodziej, Helen and Arne de Keijzer, Karen Booth, Vonnie and Roy Spies, and Susan and Steven Scher
In Memory of Mildred Piazza: A donation has been made from the Greenwich Catholic School Home Association



Thank you:

Thank you to The Shack Sackler Family and Meta Schroeter for their donations to our Senior Center.

In His Own Words

Alden O. Sherman

I was born 97 years ago and grew up in Mahopoc, NY. My father had a riding academy, a dairy, a kennel facility, and a chicken house. I used to ride a horse four miles to catch the school bus. Eventually I got a bicycle, so I finally had wheels on me.



Photo: The New York Times

I didn't like animals. I liked automobiles, so I started buying and selling automobiles and by the time I was about sixteen I had about fifteen cars that I fixed up and sold to a dealer in Mount Kisco. In 1951 I started my own machine tool factory in Norwalk. We made transformers and electric motors and anything else that we were successful bidders on. Later I was introduced to the airplane manufacturer Lycoming and the president asked if I knew about gas turbines. I didn't, but said, "What do you want to know?" So I got a contract to make the parts for the A-47 turbine engine. When anything else came up, the first thing they did was to call Sherman. I ended up with about 30 people.

We first lived in Westport but moved to Weston some 60 years ago. These days I am well-known in town as a collector of classic cars and was asked in 2012 to lend my name to an annual Classic Car Show that benefits the Weston Senior Activities Center.

Alden O. Sherman was interviewed in May, 2015 on behalf of Weston Voices, an oral history project of the Weston Historical Society.

Coastal Orthopedics- Dr. Nicholas Polifroni—presents:

Knee and Hip Replacements

Thursday, January 14th from 10am-11:30am

Dr. Polifroni will explain the operations and be available for questions afterward. Refreshments will be served. Sign up is required. (203) 222-2608

Influenza Lecture: The History and the Facts about Influenza

Presented by Dr. Richard Ellis.

Lunch and Learn

Wednesday, January 13th 11am-12pm Lecture

Followed by a light lunch, sponsored by the Friends.

Sign up required. (203) 222-2608

Parties In February— Call to sign up (203) 222-2608



Thursday, February 4th

Super Bowl Party

12pm-1:30pm

Join us for Super Bowl snacks and sign up for our pool!
Free, sign up required!

Wednesday, February 10th

Valentines Bingo Party

11am—prizes sponsored by Synergy HomeCare



Hearing Assessments at the Weston Senior Center

Wendy Cooke, Hearing Instrument Specialist at Parker Ear Nose and Throat will visit to :

- Check and clean your hearing aids
 - Access hearing loss
- Examine your ears and advise on wax removal
- Educate about hearing loss and hearing aids.

Two dates: January 12th and February 9th

1:00pm-2-30pm by appointment

Call Pam to set up a time slot for your personal check.

Exercise Classes!

Tap Dancing with Sandy

Mondays and Thursdays @ 10:00-10:45am (50+ welcome)
SC Gym Wear Tap Shoes.

Line Dancing with Sandy—NEW NEW NEW

Mondays @ 11:00 am (50+ welcome) SC Gym
Get moving to your favorite tunes! Enjoy fun and easy way to burn off those extra holiday calories
\$3/class



Feldenkrais—Whether you have pain or stiffness due to arthritis, injury, stress, surgery, or just sitting too long, these gentle lessons will help you feel better, move with greater ease, and enjoy your life again. stand and sit with ease and comfort Wednesdays @ 10am \$3/Class

Pickleball

Mondays @ 12:15pm at the Senior Center—drop in

Strength & Fitness with Sandy

Tuesdays & Thursdays @ 11 am
\$3/class drop in (SC Gym) - \$3/class

Tai Chi with Bill Wren

Thursdays 9:30am SC Gym

Tai Chi with Mari Lewis

Tuesdays 9:30am-SC gym



Wii Bowling with Anne

Thursdays @ 10 am
Free (Senior Center)

Yoga with Melania

Fridays @ 9 am
\$3/class—drop in (SC Gym)

Gentle Yoga with Joy

Wednesdays @ 10 am
\$3/class—drop in (SC Cafe)

Pilates with Andrea

Fridays at 10:30am

MOVIES

All Movies Start at 12:30pm
(unless noted)

Movies are free and include popcorn!

Sign up is required so we can notify you of any changes or cancellations.

1/7: Iris: PG-13: Iris Apfel is clearly still at the top of her game—supervising the dress selections for a tour, advising models and negotiating with buyers, in this affectionate documentary by Albert Maysles, himself an octogenarian.

1:00pm start: 1/14: Ricki and the Flash: PG-13: Ricki Randazzo, is a middle aged rock star who plays dive bars in Los Angeles' San Fernando Valley. Her life is turned upside down when her ex-husband calls to tell her that their distraught daughter is going through a very messy divorce. Ricki flies out to Chicago to try and comfort her daughter, who rejects her. She also finds out that one of her sons is getting married and that another is gay.

1/21: He Named Me Malala: PG-13: From the book My Name is Malala to a speech to the United Nations, Malala Yousafzai has created quite the international stir. However, we're all left wondering one thing: what provoked her to stand up for her education? Follow Malala as she leads us through what happened before she stood up for her education. An inside look at what happened during the Taliban's attack on her for standing up and speaking out in favor of girls' education follows, and we will see the aftermath.

1/28: Mr. Holmes : PG: The famous detective, Sherlock Holmes, is retired and living in Sussex with his housekeeper, Mrs. Munro. He has a quiet life of bee-keeping and journal writing, but he is haunted by a 50-year old case that had never been solved and was the reason for his retirement. With the help of Mrs. Munro's young son, Roger, Holmes is determined to resolve the mystery.

2/25: The Martian – PG-13: Based on a science fiction novel by the same name, The Martian is astronaut Mark Watney. During a manned mission to the red planet, a fierce storm leaves Watney presumed dead and therefore left behind by his crew. Now stranded, Watney must survive the hostile environment of Mars with few supplies while trying to find a way to signal Earth that he is still alive and in need of rescue.

Sign up required for each one (203) 222-2608.

Shopping and Lunch Outing Michael's and Outback Steakhouse

Tuesday, January 19th—Meet at Norfield at 9:30am

Join us for shopping at Michaels Arts and Crafts, followed by lunch at Outback Steakhouse in Wilton. Bring money for lunch.

Sign up required (203) 222-2608

Zentangle with Carla

Zentangles are miniature pieces of unplanned, abstract, black and white art created through structured patterns called tangles. Zentangles are not only exquisitely beautiful but they are also fun and relaxing to create. The art of Zentangle is a form of artistic meditation as one becomes completely engrossed in making each pattern, deliberately focusing on one stroke at a time. The options and pattern combinations are boundless. And anyone can do it!!

Cost is \$5.00 –per class. (If you are new to Zentangle, there is an additional one time supply fee of \$5.00)

Sign up required. Classes on Jan. 5th, 26th, Feb. 9th, 23rd



Brain Games and Lunch

Sponsored by Wilton Meadows
Thursday, January 14th 11:30am-1pm and
Thursday, February 11th 11:30am-1pm

Come and enjoy lunch and play some great "brain games/teasers" to keep you thinking! Sign up required. (203) 222-2608.

Waffle Frolic

Monday, January 25th 9:30am

Did you know that Wendy and Pam are expert waffle makers? Come share some waffles with us. Free Breakfast, our treat. Sign up required!

Painting Class with Keith Brooks "Art with Friends"

Mondays @ 1:00-3:00pm
at the Senior Center

All levels are welcome, come and join fellow artists.

**Call for more details and to sign up! \$5.00 per class or pay for series with discount.
(203) 222-2608**

Thursday, February 11th 1pm—2:30pm

Connecticut Poetry Society is back!

Come and listen to the Wilton Chapter of the Connecticut Poetry's poetry reading with open mic. Attendees will be invited to read their poems. Refreshments will be served.

James McNeill Whistler

A Presentation on the Life and Art of
James McNeill Whistler
by Lisa Arnold

Friday, January 8th at 11:30am am

James was an American born British based artist active during the American Gilded Age. His most famous painting is "Arrangement in Grey and Black No. 1 (1871), commonly known as Whistler's Mother, but there is so much more!



Lunch and Learn Probate Judge Lisa Wexler

Friday, February 12th 12pm-1:30pm

Probate Judge Lisa Wexler is coming to the Senior Center on 2/12 at noon. She will speak on the variety of matters that come before Probate Court. She will also discuss the new changes to the power of attorney law, probate fee increases and the legislative defunding of the probate court system. She is happy to answer questions about the probate process. Sign up required (203) 222-2608.

Garden Culture & Design

Friday, February 26th 1pm @ Senior Center
With Twombly Nursery (Part one)

Prepare for spring with an opportunity to discuss design and maintenance for your home landscape with professionals from Twombly Nursery.

Topics include: garden design, maintenance, weed control, deer resistant and low maintenance plants, etc.

Sign up (203) 222-2608

January 2016

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
Artist this month: Jane Wolf				1 Senior Center Closed New Year's Day
4 9:30am Commission Mtg 10am Knitting 10am Tap Dancing 10am Medicare 10am Art Gottlieb "Clipper ships" 11am Line Dancing – NEW 12:15pm Pickleball 1pm Art With Friends	5 8:30am Y's Men Backgammon 9:30am Tai Chi w/Mari 10am Zentangle w/Carla 11am Strength & Fitness 12pm Poker w/Stella	6 10am Feldenkrais 10am Yoga 12 Lunch at Norfield Hosted by Women's League New Years Celebration Bingo Party	7 9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 12:30pm Movie <i>Iris (fashion icon Iris Apfel)</i>	8 9am Yoga 10am Canasta 10am WWL Bridge 10:30am Pilates 11:30am James McNeill Whistler presented by Lisa Arnold
11 10am Knitting 10am Tap Dancing 11am Current Events 11am Line Dancing – NEW 12:15pm Pickleball 1pm Art With Friends	12 8:30am Y's Backgammon 9:30am Tai Chi w/ Mari 10am Beading w/Carla 11am Strength & Fitness 12pm Poker w/Richard 1:00pm-2:30pm Hearing appointments – see info.	13 10am Feldenkrais 10am Yoga 11am Lunch at Senior Center Lunch and Learn Richard Ellis discusses the Flu Vaccine. Sign up required	14 9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 10am Coastal Orthopedic Knee & Hip Replacements 11 Strength & Fitness 11:30am Brain Games 1pm Movie <i>Ricki & the Flash</i>	15 9am Yoga 10am Canasta 10am WWL Bridge 10:30am Pilates 12pm Lunch and Learn Jihad Series #1 Sunni-Shia Split Tech workshop 1/16
18 Senior Center Closed Martin Luther King Day	19 8:30am Y's Backgammon 9:30am Tai Chi w/Mari 9:30am Shopping and Lunch – Michael's and Outback Steakhouse 11am Strength & Fitness 12pm Poker w/Richard	20 10am Feldenkrais 10am Yoga 12 Lunch at Senior Center Sign up required	21 9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11 Strength & Fitness 12:30pm Movie <i>He Named Me Malala</i>	22 9am Yoga 10am Canasta 10am WWL Bridge 10:30am Pilates 12pm Lunch and Learn Jihad Series #2 The Radicals Tech Workshop 2/23
25 9:30am Waffle Party Sign up required 10am Knitting 10am Tap Dancing 11am Line Dancing 12:15pm Pickleball 1pm Art With Friends	26 8:30am Y's Backgammon 9:30am Tai Chi w/Mari 10am Zentangle w/Carla 11am Strength & Fitness 12pm Poker w/Richard	27 10am Feldenkrais 10am Yoga 12 Lunch at Senior Center Sign up required	28 9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11 Strength & Fitness 12:30pm Movie <i>Mr. Holmes</i>	29 9am Yoga 10am Canasta 10am WWL Bridge 10:30am Pilates 12pm Lunch and Learn Jihad Series #3 Pan-Islam

February 2016

Mon**Tue****Wed****Thu****Fri**

1 9:30am Commission Mtg 10am Knitting 10am Medicare 10am Tap Dancing 10am Art Gottlieb "Underground Railroad" 11am Line Dancing 12:15pm Pickleball 1pm Art With Friends	2 8:30am Y's Men Backgammon 9:30am Tai Chi w/Mari 10am Beading w/Carla 11am Strength & Fitness 12pm Poker W/Richard	3 10am Feldenkrais 10am Yoga 12 Lunch at Norfield Hosted by Weston Senior Center Chinese New Year Celebration – Chinese Luncheon – sign up required.	4 9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 12pm Super Bowl Party! 	5 9am Yoga 10:00am Canasta 10am WWL Bridge 10:30am Pilates 12pm Lunch & Learn <i>Jihad Series #4 Jihad</i> <i>Sign up required</i>
8 10am Knitting 10am Tap Dancing 11am Current Events 11am Line Dancing 12:15pm Pickleball 1pm Art With Friends 1pm Poetry Reading	9 8:30am Y's Backgammon 9:30am Tai Chi w/Mari 10am Zentangle w/Carla 11am Strength & Fitness 12pm Poker W/Richard 1:00pm-2:30pm Hearing Appointments, sign up required.	10 10am Feldenkrais 10am Yoga 11am-12 Valentine's Bingo Sponsored by Synergy HomeCare 12 Lunch at Senior Center Valentine's Lunch Sign up required 	11 9:15am Tai Chi w/Bill 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness No Movie today 11:30am Brain Games 1pm Poetry Reading Connecticut Poetry Society – sign up required.	12 9am Yoga 10am Canasta 10am WWL Bridge 10:30am Pilates 12pm Lunch and Learn Lisa Wexler and Probate Judge
15 Senior Center Closed President's Day	16 Senior Center Closed	17 Senior Center Closed	18 Senior Center Closed	19 Senior Center Closed
22 10am Knitting 10am Tap Dancing 10am Medicare 11am Line Dancing 12:15pm Pickleball 1:00pm Art With Friends	23 8:30am Backgammon 9:30am Tai Chi w/Mari 10am Zentangle w/Carla 11am Strength & Fitness 12pm Poker	24 10am Feldenkrais 10am Yoga 12pm Lunch at Senior Center	25 9:15am Tai Chi w/Bill 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 12:30pm Movie <i>The Martian</i>	26 9am Yoga 10am Canasta 10am WWL Bridge 10:30am Pilates 1pm Garden Culture and Design Tech Workshop 2/27
29 10am Knitting 10am Tap Dancing 10am Medicare 10am Art Gottlieb "National Archives" 11am Line Dancing 12:15pm Pickleball 1:00pm Art With Friends		Artists in February: <i>Roy Marsh</i>		

Some Medicare Basics

GOVERNMENT INFO "Medicare & You - 2016" is the yearly booklet on basic Medicare requirements, dos and don'ts. It lists all CT Medicare programs at the back including the 23 Medicare - D drug plans and the Medicare Advantage health plans under Medicare - C. (Part A is regular hospital coverage, Part B is doc & medical service coverage.) For the computer savvy go on the web site: medicare.gov

MEDIGAP INSURANCE This supplemental coverage to Original Medicare is offered directly by private insurance companies under U.S. government rules. It can be bought/changed any time in the year. There are many different letter plans. Each letter plan covers a combination of different situations – the hospital deductible, the 20% doc/medical service co-pay, skilled nursing service, etc. Premiums by letter plan vary by company although coverage is the same. There are pre-existing restrictions for 3-6 months on most plans. A comparison chart of premiums by company & letter plan offered in CT is available.

INITIAL ENROLLMENT – Starts 3 months before 65th birthday, the month of the birthday and three months after for a total of 7 months.

SPECIAL ENROLLMENT PERIOD if still working at 65 covered by their employer or spouse's active employment. This SEP lasts 8 mos. Begins a month after coverage/employment ends whichever is first.

OPEN ENROLLMENT PERIOD Oct 15th – Dec 7th Select/change to a more cost savings, plan that carries your specialty drugs, or some other required Medicare D prescription plan. Only if desired, switch to an Advantage Plan from Original Medicare. All coverage starts Jan 1.

LOST CARD If you have lost your Medicare Card (or Social Security Card) immediately contact Social Security office for a replacement.

Want to discuss Medicare issues? Half hour appointments are available from 10:00 – 12:00 twice a month on the first and third Mondays of each month. Never a charge for these services. **MAKE AN APPOINTMENT BY THE PREVIOUS THURSDAY. BOOK THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608. NO WALK-INS.** See you at the center!

Meta Schroeter CHOICES Counselor

SCAM ALERT

It is Scam season, IRS, special unidentified packages for delivery with a fee for the delivery, the grandparents scheme, Medicare, WARNING, never give out any personal information, like social security numbers or credit card numbers to any unsolicited callers or correspondence.

Weston Public Library

Book Group: The Goldfinch—10:30am January 14
Lunch and Learn: Decluttering and Organizing Your Home with Deirdre Dolan of Smooth Transitions of CT and FL—12pm January 14
Book Chat for Teens—3pm January 16
Book Group: Title TBA— 7pm January 20
Tech Tips Workshop: Introduction to the iPad with Terri Piekara—12pm—January 21
SCORE: Lessons Learned From Running a Business—6pm Jan 21
Movie Night: The Martian(PG-13) - 7pm January 28
New Yorker Roundtable—beginning Tuesdays in February 10:45am
SCORE: Topic TBA— 6pm February 4
Book Group: Title TBA— 10:30am February 11
Book Group: Title TBA— 7pm February 17
Movie Night: Bridge of Spies (PG-13) - 7pm February 25

The Weston Historical Society

Who are the Rosie's? Were you a Rosie? Did you work in the U.S. War Industry during the 1940's? We want to hear from you! (203) 226-1804.

News from the Westport/Weston Health District

There are very important reasons for adults to get vaccinated:

- You may be at risk for serious diseases that are still common in the U.S. Each year thousands of adults get sick from diseases that could be prevented by vaccines - some are hospitalized and some die. Even if you had all your vaccines as a child, the protection may wear off over time. You may also be at risk for other diseases due to age, travel or health conditions.
- You can't afford to get sick - there is a huge human and economic burden to you, your family and our healthcare system as a result of acquiring and spreading vaccine preventable diseases.

You can protect your health and the health of those around you by getting the following recommended vaccinations:

- Flu vaccine every year.
- 1 dose of Tdap (tetanus, diphtheria, and pertussis), then Td (tetanus and diphtheria) every ten years.
- 2 types of Pneumococcal vaccine, but only 1 dose of each - the PVC13 and PPSV23 - for those over 65.
- 1 dose of Shingles vaccine is recommended for those over 60, even if you have had shingles in the past.

Other vaccines may be recommended if you plan to travel outside of the U.S. Contact the Westport Weston Health District at 203-227-9571, ext. 231 with questions and to schedule an appointment for all your vaccination needs.

Have a safe and healthy new year!



Mark Albertson Four Park Lecture Series "Jihad"



Fridays in January and February 12pm-1:30pm (see dates)

Jihad, an Arabic term meaning struggle. For the Muslim that struggle is of an internal nature; an effort by which the individual attempts to rid him or herself of those impediments which compromise their becoming one with their religion. Waging that struggle justifies the essence of the religion, Islam, which is surrender to God . . . upon which a Muslim embarks on that lifelong struggle as a member of the Faithful. However . . . the popular notion of *Jihad* held by many non-believers is that of Holy War. And that is the essence of this series; a progression of talks which will seek to peel away the confusion, misconceptions and propagandistic perversions which hamper a proper conception of not only what is construed as the Jihadi movement, but hopefully foster—at the same time—a better understanding of one of the globe's most fascinating yet misunderstood religions.

Friday, January 15th. Sunni-Shia Split: In 570, was born a man who would forever alter the face of the globe . . . Muhammad ibn Abdallah, AKA, the one true Prophet, Muhammad. This session will explore his organization of a movement that has come to be known as Islam. In so doing he charted the course for the expansion of a vast empire, one that would see to the massive conversion of peoples until finally, today, Islam boasts over 1 billion adherents. With his death, though, in 632, the seeds were planted for a discord among the Faithful which afflicts their beloved religion to the present day, the Sunni-Shia Split.

Friday, January 22nd. The Radicals: Haj Amin al-Husseini (the infamous Grand Mufti of Jerusalem); Sayyid Qutb, theoretician of consequence; General Khairallah Talfah (Saddam Hussein's uncle) and mentor of Yasser Arafat; Hassan al-Banna, founder of the Muslim Brotherhood . . . this session will spotlight those practitioners of radicalism who set the stage for the likes of Ayman al-Zawahiri, Osama bin-Laden, Abu Musab al Zarqawi. . .

Friday, January 29th Pan-Islam: The decline of Pan-Arabism; the rise of Shia Fundamentalism with the 1979 Iranian Revolution; the Russian invasion of Afghanistan . . . the galvanizing of the Sunni Jihadist movements. Muslim fighters from all over the Islamic world flocked to Afghanistan to evict an infidel power from an Islamic nation; in so doing, they helped to bring down the Soviet state, spawning the likes of such groups as al-Qaeda, Jabhat al-Nusra and the Islamic State.

Friday, February 5th Jihad! The evolving Pan-Islamic movement takes the fight to Western interests in the Near East, spurred on by the American invasions of Afghanistan and Iraq; Western actions against Libya; civil war in Syria. Sunni opposition to Iran (Persia) and growing Shia political power. Wahhabism; the rise of the Islamic State.

Refreshments provided by the Friends of the Weston Senior Activities Center

SIGN UP REQUIRED (203) 222-2608

Artist Statement: Jane Wolf— January Art Exhibit

I have always painted. Oil, watercolor and pastel are my current mediums.

A love of exploring the landscape still keeps me looking and catching the opportunity to interpret what I see on paper or canvas. In this exhibition space, there are sites from Weston, as well as those seen in Antarctica, painted from the back of the ship and later refined at my home studio. Costa Rica presented gorgeous flora...begging for an abstract interpretation in color and format. New Mexico engages every sense; a joy to interpret with pastel. And...yes...there is the distorted image seen through the car windshield created by rivulets of rainwater during a traffic jam; "Noreaster Rain in Maine".

Being an artist is a gift. It makes my life richer; totally engaging my attention and skill. I am so grateful to the three New York city artists who encouraged me at an early age and were instrumental to my artistic development: Greta Matson (Norfolk Museum of Arts and Sciences/Chrysler Museum at age 11), Philip Pearlstein and Lennart Anderson (Brooklyn College), and finally the paintings by artists being restored at the Brooklyn Museum Conservation Laboratory where I worked part time while in art school. It was a visual tutorial... invaluable... and inspiring!

I have participated in National Juried Exhibitions through the National Arts Club, NYC, as well as Allied Artist of America, Inc. and Audubon Artists of America at the Salmagundi Club, NYC. In 2015, I was honored to be elected to membership in the Salmagundi Club, NYC; the oldest and most prestigious art club in the country.



Art Gottlieb

Lectures in January and February
Mondays at 10am-11am @ Senior Center
(203) 222-2608 to sign up.



Monday, 1/4: Clipper Ships: The worlds fastest oceangoing ships of the late 19th century, these long graceful vessels represented the zenith of the age of sail before it was forever eclipsed by steam driven shipping.

Monday, 2/1: Underground Railroad: Starting in the early 19th Century, abolitionists aided up to 100,000 Black slaves escape to Free states, Mexico and Canada through the creation of a vast secret network of routes and safe houses that came to be known as the Underground Railroad.

Monday, 2/29: Color Slides from the National Archives of the 1930's & 40's: A collection of color slides found at the Library of Congress, digitized for color and clarity. A great presentation of what life was like in the United States during the late 1930's & 40's.

Artist Statement: Roy Marsh— February Photography Exhibit

After 30 years of not taking pictures, my trip to Africa inspired my renewed love of photography. I love to capture all of nature's beauty. The absolutely stunning wildlife I was fortunate enough to see, had me mesmerized once again.

I hope you will enjoy some of my photography from our trip to Africa last summer.



Weston Senior Activities
P.O. Box 1007
56 Norfield Road
Weston, CT 06883
203-222-2608
www.westonct.gov/

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Permit No. 2
WESTPORT, CT 06880

~ Wednesday Luncheon's ~
SIGN UP REQUIRED FOR ALL (203) 222-2608
Some are at Norfield, some at Senior Center \$4.00

January 6th—New Year's Eve Party—
hosted by the Weston Women's League
@ Norfield.— Bingo

January 13th—lunch at the Senior Center

January 20th— lunch at the Senior Center A demonstration
on The MELT Method—by Kristen Rzasa will follow.

This self treatment technique will help you get out and stay out of
chronic pain, and improve balance and stability.
Learn how to rehydrate your connective tissue and rebalance your
nervous system in this unique class.
The MELT Method will help you keep your joints in alignment, and keep
you active and pain-free for a lifetime.

January 27th— lunch at the Senior Center

February 3rd— Chinese New Year Celebration— hosted by
the Friends of the Weston Senior Center held **@ Norfield**
There will be a Chinese New Year Celebration brought to you
by the OCAFC Chorus. Chinese cuisine for lunch, fol-
lowed by the chorus singing Chinese folk song.

February 10th— lunch at the Senior Center This is a Valen-
tines Lunch—Bingo with prizes!

February 17th—Closed No Lunch

February 24th—lunch at the Senior Center

A Very Special Holiday

We would like to thank so many people this season for
making our holidays wonderful.



Jose Feliciano, Bill Rother and Su-
zanne Sheridan gave us an incredi-
ble holiday concert!

The Hoot Owls with Chris Coogan



David Connell
For beautiful music!



Holiday Concert Student
Government Caroling

Caroling
from
Hurlbutt

